

Pre K Grade dance USOE Fine Arts Rainbow Chart

Pre K - Page 1		Moving		Investigating		Creating	Contextualizing
Previously mastered grade level skills	Elements of Dance with definitions	Experience/ Identify	Explore/ Contextualize	Apply/ Build Skills	Analyze/ Integrate	Research/ Create	Refine/ Contribute
Knowledge of body	BODY / MIND <i>The body is the instrument of dance.</i>	Warm-up*	Explore the joy of moving the body.	Explore simple movements that build strength and flexibility to simple nursery rhymes. video	Improvise movement that builds strength and flexibility to simple nursery rhymes.	Create a simple warm-up to a nursery rhyme	Perform a simple warm-up to a nursery rhyme
Basic locomotor and axial movement skills.	Warm-up <i>A series of exercises/movement to ready mind, body</i> Locomotor Steps <i>Steps that travel through space</i> Axial Movement <i>Movement that revolves around the axis and is performed in place</i>	Body Parts*	Identify and move body parts.	Explore moving body parts in interesting ways. video	Improvise moving two different body parts.	Create a simple body part dance.	Perform body part dance.
		Skills*	Identify and learn basic locomotor steps (walk, run, jump, and gallop).	Practice basic locomotor steps (walk, run, jump, & gallop). video	Improvise alternating two locomotor steps.	Create a dance with locomotor steps.	Perform locomotor dance.
Stop and go	TIME <i>Defines when one moves</i>	Duration*	Identify and explore stopping and going.	Practice stopping and going movement.	Investigate stopping and going movement.	Creating a stop and go dance.	Perform a stop and go dance.
Fast and slow	Duration <i>short/long)</i> <i>Length of movement</i>	Tempo*	Clap and move to the tempo of fast and slow. video	Practice moving fast and slow.	Improvise moving fast and slow.	Create a dance based on fast and slow.	Perform a fast and slow dance.
Simple rhythms	Tempo (fast/slow) <i>Speed of movement</i> Metric Rhythm <i>Grouping of beats in recurring pattern</i>	Rhythm*	Clap and move to the rhythms of words and syllables. video	Practice clapping and moving to the rhythm of words and syllables.	Improvise moving to the rhythm of words and syllables.	Create a dance based on the rhythm of words and syllables.	Perform a rhythm dance. video
Simple body shapes	SPACE <i>Defines where one moves</i>	Shape*	Explore creating interesting shapes with the body. video	Practice making a series of unique shapes.	Improvise several interesting shapes.	Create a dance based on shapes.	Perform a shape dance.
High, medium, and low levels	Shape <i>The form of the body.</i> Levels <i>(low/ medium/ high)</i>	Levels*	Investigate making shapes and moving on high, medium and low levels.	Practice making shapes and moving on a variety of levels.	Improvise alternating making shapes and moving on a variety of levels.	Create a dance based on levels.	Perform a level dance.

Pre K - Page 2		Moving		Investigating		Creating	Contextualizing
Previously mastered grade level skills	Elements of Dance with definitions	Experience/ Identify	Explore/ Contextualize	Apply/ Build Skills	Analyze/ Integrate	Research/ Create	Refine/ Contribute
Large and small movements	Size <i>The continuum from small to large</i>	Size* Identify small and large shape and movement (range of motion)	Explore making shapes and moving in large and small ways.	Practice making shapes and moving in interesting ways large and small.	Improvise creating shapes and moving in large and small space.	Create a dance using large and small space.	Perform size dance.
Moving in place and through space		Moving through space*	Explore moving in place and through space.	Practice basic axial movements of turn, stretch, reach, bend, twist and locomotor movements.	Improvise moving in place and through space turning, stretching, reaching, bending, and twisting.	Create a dance based on axial and locomotor movements.	Perform an axial and locomotor dance. video
Simple qualities of motion	ENERGY <i>Defines how one moves</i>	Qualities* Identify contrasting qualities of movement.	Explore qualities of movement and emotions (i.e. heavy/light, smooth /sharp, sad/happy, brave / frightened). video	Practice contrasting qualities of movement.	Improvise contrasting qualities of movement based on a springboard (e.g. nature, story, music, art, and the senses). video	Create a simple contrasting quality of movement of dance.	Perform a quality dance.
Primary awareness of self in the world	Qualities of motion <i>Characteristics of a movement</i>						
	Dynamics <i>The degree of energy, intensity, or power in the execution of movements</i>						
Artistic Skills Creativity, imagination, audience skills	CULTURAL <i>In Individual and family</i>	Identify and sing a song, nursery rhyme, or story from an authentic culture.*	Explore the rhythm and the movement potential.	Practice moving to the phrasing, the words, the story content.	Improvise moving each rhythmic phrase, words, or ideas.	Create a dance based on the nursery rhyme.	Perform the nursery rhyme dance.
Performance Skills Focus, concentration, kinesthetic, visual, auditory skills increased							